



Worship

SUNDAY SERVICES 11 AM

February 2, 2020- TBA

February 9, 2020- Geoff Kaufman- "Songs for the Climate Crisis: Anger, Action and Solace" We welcome the return of Geoff Kaufman, a seasonal visitor to our congregation from All Souls UU Congregation of New London, CT. He has also showcased his musical talent playing his maritime repertoire aboard sailing vessels in Key West Harbor and downeast in Connecticut and Maine and onshore for 35 years at Mystic Seaport.

February 16, 2020- Paul Ward, PhD- "The Power of Last Words"

Paul Ward is a lay leader and former President of the Board of Trustees of First Unitarian Universalist Congregation of the Palm Beaches. He is also Founder and President of Future Shapers Florida, LLC. and author of

"The Inner Journey to Conscious Leadership"

February 23, 2020- Pat Collins- "The wonder of animals' thoughts and feelings" Pat Collins, Unitarian Universalist and long-time member of our congregation, is a licensed United Church of Christ Pastor who also served for 14 years as a Metropolitan Community Church Pastor at the Chautauqua Institute. She is a sculptor, musician (guitar and trombone) and a stand-up comedian at the Key West Comedy Club. Pat and her wife Judy Lawrence have 2 children and 5 grandchildren and spend their summers in Rochester, NY.



News & Notes

President's Message FEBRUARY 2020 Marilyn Smith

Once month by email I receive from the UUA a post called "Braver/Wiser- Courage and Compassion for Life As It Is" Maybe you receive it too. I especially liked this one by Tim Atkins on January 1, 2020:

"For Last year's words belong to last year's language.

And next year's words await another voice." T.S. Eliot, "Little Gidding"

New Year's is without a doubt the most meaningful winter holiday for me. As a religious humanist, none of the other winter holidays have ever really called to me. But to me there's something almost magical about the chance for a fresh start. A new beginning. The start of a new chapter.

One of my most treasured New Year's traditions is coming up with a word for the year: a single word that I want to be the theme for my entire year. I started this practice five years ago, and it's changed my life. It becomes a mantra I meditate on throughout the year. When I'm questioning what's the right thing to do, I will look to my word of the year for guidance.

In 2017, my word was *embrace*.

In 2018, my word was *explore*.

In 2019 my word was *delight*. I was, putting it kindly, a stressed-out mess this time last year. I knew I needed to put myself first more, and reconnect with basic pleasures in life. So I went with "delight" as a way to help me be more mindful about finding joy and beauty in the everyday.

I've decided on my word for 2020: *authenticity*. I want to work more at being authentic to all parts of who I am and focus on living a unified life. And when in doubt over the upcoming year (because let's face it, 2020 could be rough at times), I want to remember to be authentically me.

As a religious humanist, I also find it somewhat comforting to have this solid rock for my year. It forces me to focus in on a value I want to live my life around, and meditate on the value throughout the year. It forces me to put my values into practice, something we all could do a little more. When I look back on my last few years, instead of reflecting

back on the years in terms of (usually negative) events, I reflect on them in terms of values and the amazing things I did that year to embody that value.

There are a lot of websites out there where you can look for more ideas for your word for the year, if you're the kind of person to realize your word when you see it. Even if you think New Year's Resolutions are a little hokey, I encourage you to try this word of the year idea. As a former skeptic, I can tell you if you take this seriously it will change how you see your entire year.

Prayer

May we all be grounded in living our values in the coming year. May we all spread our wings to new heights in the coming year. May the fire of your commitment to your personal religious and ethical values burn brighter than before. And may we all be authentically ourselves in the coming year.

MARILYN'S NOTE: I enjoyed this essay so much that I proposed to my family that we each choose a word as our personal theme for the year. I chose "simplify", because of my need to reduce the clutter in my physical space and to find more time for quiet contemplation. This has opened conversations with my daughter, living in California, who likes to stay connected to family and we've exchanged emails and calls about our chosen words.

What could be our ONE ISLAND FAMILY word for 2020? How about "engaged"? What would it mean for every member and friend to be engaged in our vision and mission in this New Year? Let's open that conversation!



MLK Parade

One Island Family
801 Georgia St. Key West, FL 33040
oneislandfamily.org e-mail: office@oneislandfamily.org

Monthly Calendar: <http://www.oneislandfamily.org/calendar>